



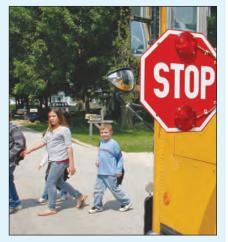
U.S. Air Force Staff Sgt. Ryan Ayres, 19th Logistics Readiness Squadron Mission Generation Vehicular Equipment Maintenance craftsmen, apply lubricant to the boom wear pads of a deicer Aug. 3, 2016, at the 19th LRS Vehicle Maintenance shop, on Little Rock Air Force Base, Ark. The application of lubricant eliminates excess motion when the boom is extended and retracted, thus ensuring more reliability.



35

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KEEPING CHILDREN SAFE

Follow these guidelines for keeping children safe during the school year.

Page 6



#### TAKING BACK THEIR HEALTH

The second in a Q&A series on fitness and weight loss.

PAGE 12

## The Beating Heart of the Air Force ... Squadrons!

By Gen. David L. Goldfein

Air Force Chief of Staff

Fellow Airmen,

I am now completing my first month as the 21st Chief of Staff. What an honor to serve with you!

Attached is the first in a series of short papers I will share that outlines my thinking in key focus areas. You will find each in our Strategic Master Plan (SMP) and Air Force Future Operating Construct (AFFOC); and each nests nicely under SecAF's priorities of: Taking Care of Airmen; Balancing Today's Readiness with Future Modernization; and Making Every Dollar Count.

First up: The Beating Heart of the Air Force...Squadrons! If we are to achieve the aspirations laid out in the SMP and AFFOC, I believe we must have a solid foundation organizationally. Our own AFIs state that "squadrons are the basic, building block organizations in the Air Force, providing a specific operational or support capability." I have always believed this to be true and so I am convinced it is where we need to start. This applies equally to our support organizations that may not align under a squadron construct, but actively support squadrons in executing their missions.

Thank you for your continued dedication as we work to find the opportunities presented in every challenge we face together.

Fight's on!

On 1 July, Secretary James swore me in as your 21st Chief of Staff. This is the privilege of a lifetime. Standing on the shoulders of the 20 giants who paved the way ahead of me, I take on this sacred duty of leading our 660,000 active, guard, reserve, and civilian Airmen absolutely committed to servant leadership. I am honored to be your Chief.

Over the next several weeks leading up to the Air Force Association convention in September, I will publish a series of short papers laying out my thinking on key focus areas. This is the first in the series.

Under the leadership of Secretary James, General Welsh, and Chief Cody, we completed a number of strategic planning documents that provide a useful framework and planning process to shape our future force. I fully support the strategy articulated in the Strategic Master Plan (SMP) and Air Force Future Operating Concept (AFFOC) and we will continue to align our strategy with this vision. I also look forward to championing the priorities that Secretary James has established for us and has so consistently and tireless-

ly advocated throughout her tenure: Taking Care of People, Balancing Today's Readiness with Tomorrow's Modernization, and Making Every Dollar Count.

If we are to achieve the aspirations laid out in the SMP and AFFOC, I believe we must have a solid foundation organizationally. Our own AFIs state that "squadrons are the basic, building block organizations in the Air Force, providing a specific operational or support capability." I have always believed this to be true and so I am convinced it's where we need to start. This applies equally to our support organizations that may not align under a squadron construct, but actively support squadrons in the execution of their mission.

The squadron is the beating heart of the United States Air Force; our most essential team. We succeed or fail in our missions at the squadron-level because that is where we develop, train, and build Airmen. Our service culture and traditions manifest themselves in the squadron because our Airmen most readily identify with this core fighting unit. Squadrons are the engines of innovation and esprit de corps. Squadrons possess the greatest potential for operational agility. Squadron commanders, civilian leaders, superintendents, and first sergeants have the most profound and lasting impact on Airmen and families. They set and enforce standards, create the environment where the right things are fostered (warfighting excellence, esprit de corps, thriving Airmen and families) ... and are the first line of defense against behaviors we find unacceptable (a toxic work environment, sexual assault, suicide, domestic violence).

It is time to revitalize the squadron as the warfighting core of our Air Force. Our vision demands that "squadrons be highly capable, expeditionary teams who can successfully defend our Nation's interests in both today's and tomorrow's complex operating environments." We will succeed only when our squadrons are "the cohesive, ready, and agile fighting forces that the Air Force, Combatant Commanders, and the Nation requires."

The past fifteen years have wrought an almost singular focus on countering violent extremism in the Middle East. That necessity has resulted in considerable trades across the portfolios of Global Vigilance, Reach, and Power. Even under difficult budget conditions, we delivered when the Nation called on us to increase investment in ISR, Space, Cyber, and to revitalize the Nuclear Enterprise. In the ISR portfolio alone, we grew an RPA industry from scratch that has become the oxygen the joint force breathes.

See Heart, page 7

#### Feds Feed Families food drive

Little Rock Air Force Base is pitching in to gather donations and help a local food pantry stock up through the annual Feds Feed Families campaign which runs through Oct. 2. From Aug. 16-17, the Little Rock AFB drop points will be located at both child development centers, the fitness center and Walter's Community Center. Paper bags will be distributed to homes and picked up the following day, hopefully full of canned goods. Donations are going to Fishnet Missions Food Pantry of Jacksonville.

As in every year, federal employees are asked to bring non-perishable food items and place them into a designated collection box located in the federal workplace or take them directly to a local food bank.

Feds Feed Families is a voluntary effort undertaken annually by federal employees to bring non-perishable food items to their offices for distribution to local food banks. Since 2009, through the amazing generosity of federal employees, the food drive has collected nearly 57.2 million pounds of food for those in need.

The drive will end Oct 2. For more information about the Feds Feed Families campaign, go to www.usda.gov/wps/portal/usda/usdahome?navid=feds-feed-families.

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#### COMBAT AIRLIFTER OF THE WEEK

#### NAME

U.S. Air Force Master Sgt.
Narda Spurgeon
UNIT

19th Airlift Wing Judge Advocate
POSITION

Legal Office Superintendent HOMETOWN

Manchester, Jamaica

#### TIME ON STATION/ TIME IN SERVICE

11 months/17 years, 3 months

CORE VALUE

Service Before Self

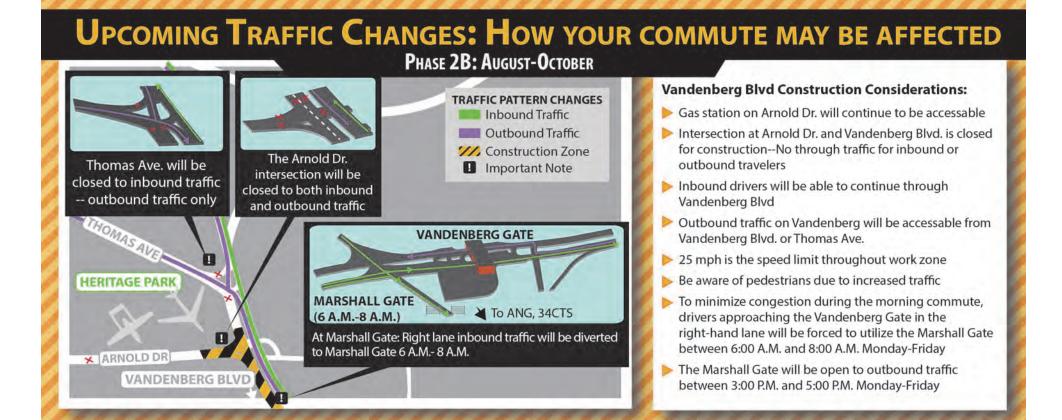
#### WHY IS SERVING IN THE AIR FORCE IMPORTANT TO YOU?

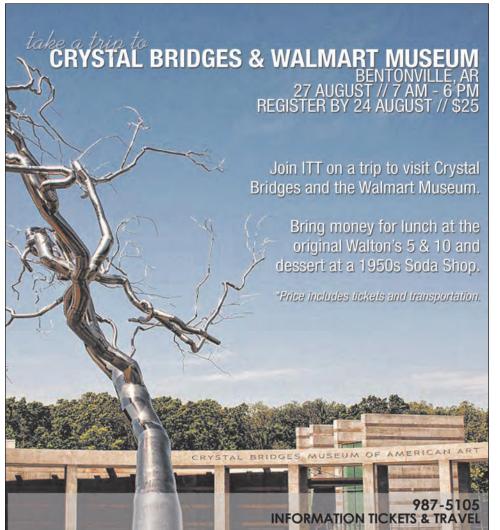
"Serving is important to me because it provides me with the opportunity to serve a bigger cause, one above my family and myself."

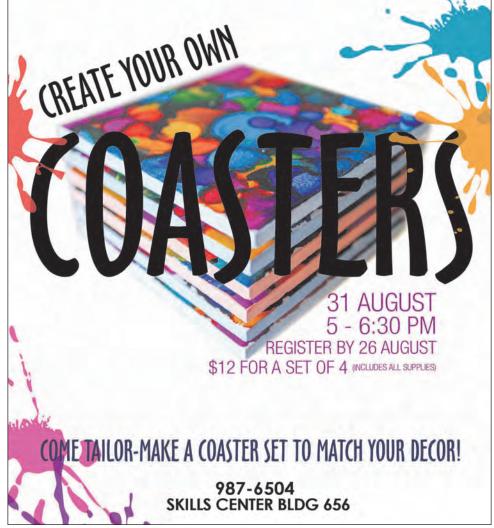
#### WHAT ACCOMPLISHMENT DURING YOUR AIR FORCE CAREER ARE YOU MOST PROUD OF?

"I'm proud of serving as a case paralegal in a general courts-martial case. I'm proud of that case because I truly saw the legal system at work first hand."













Combat Airlifter · Aug. 12, 2016

## FSS flights recognized with AF level awards



U.S. AIR FORCE PHOTOS BY SENIOR AIRMAN KAYLEE CLAR



The 19th Force Support Squadrons took home three Air Force level awards recently. The fitness center was presented with the Fitness and Sports Program of the Year (above); the library was presented with the Library Program of the Year (left); and the education center was presented the Nathan **Altschuler Outstanding Education and Training** Program of the Year (below).







## Keeping children safe during the school year

#### By Staff Sgt. Amanda Human

19th Security Forces Squadron

Team Little Rock the summer is coming to an end and the 2016-2017 school year is fast approaching. Harris Rd Gate (School Gate) Hours are 6 to 8:30 a.m. and 2 to 5 p.m. starting Aug 15.

A tip from your local Defenders is do not put your child's name on their book bag. It's an open target for strangers to know your children's name, get their attention and lure them away.

Here are a few tips from the National Crime Prevention Center on traveling to and from school, riding on the bus and bullying tips to start out the school year:

#### TRAVELING TO AND FROM SCHOOL

- Map out with your children a safe way for them to walk to school or to the bus stop. Avoid busy roads and intersections. Do a trial run with them to point out places they should avoid along the way, such as vacant lots, construction areas, and parks where there aren't many people.
- Teach children to follow traffic signals and rules when walking or biking. Stress that they should cross the street at crosswalks or intersections with crossing guards when they can.
- Encourage children to walk to school or the bus stop with a sibling or friend, and to wait at bus stops with other children.
- Teach children not to talk to strangers, go anywhere with them, or accept gifts from them without your permission. Tell them that if they see a suspicious stranger hanging around or in their school they should tell an adult.
- Help children memorize their phone number and full address, including area code and zip code. Write down other important phone numbers such as your work and cell phone on a card for your children to carry with them

#### On the bus

- Have your children arrive at the bus stop at least five minutes before the bus is scheduled to pick them up.
- Make sure children know to stand on the sidewalk or on the grass while waiting for the bus.
- Teach children to make sure they can see the bus driver and the bus driver can see them before crossing in front of the bus. Tell them to never walk behind the bus.
- Be aware that often bullying takes place on the school bus. Ask children about their bus who they sit with, who they talk to, and what the other kids do. Let them know that if they see someone being bullied, or are bullied themselves, they can talk to you, the bus driver, or another trusted adult.

#### BULLYING

- Most bullying happens when adults aren't around, such as in between classes, at lunch or recess, after school, and online. Still, bullying rarely takes place without an audience kids are around to see bullying 85 percent of the time. But even though they see it, kids usually don't try to stop bullying, and may even be unknowingly encouraging it.
  - Most of the time that kids witness bullying, they



stand by passively. This causes bullying to last longer because it reinforces the bullies' power and status, which is two reasons that people bully. Most kids don't want to watch bullying, and don't want it to happen at all. But many kids don't know how to do this and worry that by stepping in, they might become the next victim. These worries, and witnessing verbal and physical abuse, take a toll on bystanders.

Possible Effects on Bystanders:

- Feel angry, helpless, and guilty.
- Don't feel safe where bullying takes place, like in certain hallways in school, on the bus, in the park, or online.

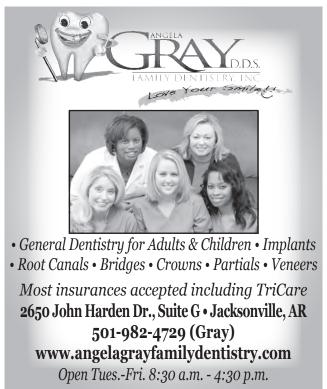
#### FEAR OF BECOMING THE NEXT VICTIM

- Two out of three kids want to help when they see bullying, and helping out is one of the most effective ways to stop bullying and prevent it from happening again. When friends help out, 57 percent of the time bullying stops within 10 seconds.
- There are effective and safe ways for kids to step in and help others being bullied.
- Some work better in certain situations than others. You can help kids decide when to use each method by role-playing bullying situations with them. Remember to emphasize that kids should only step in when they feel safe.
- Walk away. This shows bullies that their behavior is not funny or okay.
- Speak up. Tell bullies that what they are doing is wrong by saying, "that's not funny, let's get out of here" or something similar. Kids can stand up for each other. This may also give other bystanders the confidence to speak up or walk away.
- Be a friend. Sometimes kids get picked on because they don't have any friends or anyone to stand up for them. When kids befriend someone being bullied, bullies are less likely to pick on them. Friendship can also give children the support and the confidence to stand up for themselves.
- Ask others to help. When more kids stand up to bullies, the bullies will be more likely to realize their actions are not okay.

Get an adult. Sometime kids who are bullied are scared to ask an adult for help because they think it will make the bullying worse. Kids can help by telling an adult what is happening, or going to speak to an adult with kids being bullied.

There are more helpful tips at https://www.ncpc.org

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#### **Heart**

Continued from page 2

However, our success has come at a price. We were compelled to find operational efficiencies to balance our budgets, with manpower and conventional airpower accounts suffering most. Squadrons have been asked to bear the brunt of an incredible deployment tempo and manpower shortages which have had a direct impact on readiness in our warfighting missions. In my experience, readiness and morale are inextricably linked. Walk the line at Bagram AB or Al Udeid AB where units are fully manned and readiness is high and you'll find morale is equally high. Visit one of our CONUS main operating bases and you'll often find manning hovering between 60-70 percent with many key supervisors and leaders deployed or dual-hatted, remaining Airmen working overtime, and units managing parts and equipment shortages. On top of this, our squadron commanders, civilian leaders, superintendents, first sergeants, and Airmen feel first-hand the challenges associated with increased mandatory

recurring training, a growing list of additional duties, and the challenge of a "do-it-your-self 'world in place of Airmen who previously provided services for them.

The resultant effect of these challenges is we have degraded the core fighting unit of our Air Force. The place where Airmen live, breathe, and grow, where we generate combat capability, and where our culture resides ... the squadron.

Over the next several weeks leading up to our 69th birthday celebration and the AFA convention in September, I look forward to a robust discussion across the Air Force to sharpen this dialogue and fill in the "how" behind the "why."

Bottom line – if we are going to sustain warfighting excellence and build the Air Force outlined in the SMP and AFFOC, it must begin in our squadrons. Therefore, revitalizing squadrons as the core fighting unit in our Air Force will be the primary focus in my first year as your Chief. I look forward to working closely with our Secretary, MAJCOM Commanders, and Air Force leadership team across our total force to get after this in the months ahead.

Fight's on!

#### CHIEF'S GROUP SHARP TROOP



U.S. AIR FORCE PHOTO BY AIRMAN GRACE NICHOLS

U.S. Air Force Senior Airman Colton Lien, a 19th Civil Engineering Squadron EOD technician, is presented the Chief's Group Sharp Troop Award August 2 on base. Lien was presented the award in recognition of his efforts of responding to an Un-Exploded Ordnance emergency in Benton, Arkansas.

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#### Team Little Rock goes back to school

#### U.S. AIR FORCE PHOTOS BY **AIRMAN GRACE NICHOLS**

Operation Homefront's Back-to-School Brigade returned to base in collaboration with the Little Rock Spouses' Club to give away school supplies for military children Aug. 5, at the Walters Community Support Center on base.

The event was for Defense Enrollment Eligibility Reporting System enrolled military children who will be enrolled in K-12 this year.

"The Little Rock Spouses' Club board members and volunteers assisted Operation Homefront in disseminating backpacks and school supplies to approximately 300 children at Little Rock Air Force Base," said Brittany Boccher, Little Rock Spouses Club President.

By reaching out to E-1 through E-6 active-duty military families, Operation Homefront hopes to relieve some of the financial stressors associated with military life

"It's been nice to see the kids' faces light up when they get a new backpack," U.S. Air Force Airman 1st Class Ronald Greig, a volunteer from the event said. "It's also really informative for the families to be able to see what the base and community has to offer."



(Above) Volunteers from Team Little Rock gather together in celebration of Operation Homefront's Back-to-School Brigade event Aug. 5, 2016, at the Walters Community Support Center on Little Rock Air Force Base, Ark. In 2015, more than 25,000 backpacks filled with school supplies were given to military children across the country because of Operation Homefront's Back-to-School Brigade.

(Right) Volunteer's from the Little Rock Spouse's Club team up with Operation Homefront to bring school supplies to military children during the Back-to-School Brigade event Aug. 5, 2016, at the Walters Community Support Center on Little Rock Air Force Base, Ark. The Little Rock Spouse's club donated \$1000 toward backpacks and school supplies for Operation Homefront's Back-to-School brigade.



Amy Tatangelo and her son, Rocco Tatangelo, visit the vendors at the Back-to-School Brigade event Aug. 5, 2016, at the Walters Community Support Center on Little Rock Air Force Base, Ark. The event was part of Operation Homefront's efforts to distribute backpacks and school supplies throughout the country.



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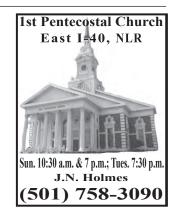
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#### Leader training on Blended Retirement System available via mobile app

By Kat Bailey

Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) – The new Blended Retirement System is a hot topic of conversation across the Defense Department, and most total force members have questions on how it will work and who is eligible.

The online BRS leader course, released in June, is designed to educate leaders on the new retirement system. The training provides both military and civilian leaders of Airmen with a working knowledge of the BRS and the DOD plan to educate the force prior to implementation on Jan. 1, 2018.

The course is available both online and through a mobile version for a smartphone or tablet via Joint Knowledge Online, course number P-US1330. The course is also available to those without a Common Access Card, to include family members, via an alternate website. The mobile version has a login option that provides a training certificate, which will be necessary for the required opt-in training next year, as well as a public access option for spouses and parents of current or prospective Airmen.

"The public access option of the JKO mobile app

for smartphones also makes the BRS leader course an easily accessible pocket version of BRS for questions on the fly from Airmen seeking more knowledge," said Col. Brian Anderson, the military compensation policy chief at Headquarters Air Force. "Many leaders may not be eligible to opt-in to BRS themselves, but they will need to be knowledgeable about the new system in order to respond to questions from eligible service members."

Leaders can download the app from their respective app store for free.

The leader role is to provide information and access to education but not to provide specific financial advice. Leaders who take the course will gain an understanding of the new retirement system, educational opportunities that will be made available to Airmen and the available resources to answer questions.

"In the future, Airmen will be able to seek individual information and education from a personal financial expert at their Airman and Family Readiness Center before making a final decision," Anderson continued. "The Air Force has a plan to train personal financial managers and make them available to assist members and spouses on the financial aspects of the current and new retirement systems."

According to Anderson, quality education and

training are key to an Airman's ability to make an informed decision about retirement plans. Airmen will be encouraged to research their options during 2017 and may elect to opt-in to BRS on or after Jan. 1, 2018. Elections must be completed during 2018 and an online course, tailored to those who are eligible to opt-in, will be available soon.

Stand-alone DVDs are also available for the BRS leader course for use at remote locations or locations with limited internet connectivity making it difficult to take the course online at JKO or Military OneSource. Ordering instructions were recently sent to all deployed locations by the Air Force Personnel Center.

BRS information is available and continuously updated on myPers. Click "Retirement" from any military landing page. In addition, a live chat feature on BRS is available for Airmen. To chat live with a Total Force Service Center representative, go to the page and allow about 30 to 60 seconds to enable a representative to come online.

For more information about Air Force personnel programs, go to the myPers website. Individuals who do not have a myPers account can request one by following the instructions on the Air Force Retirees Services website.

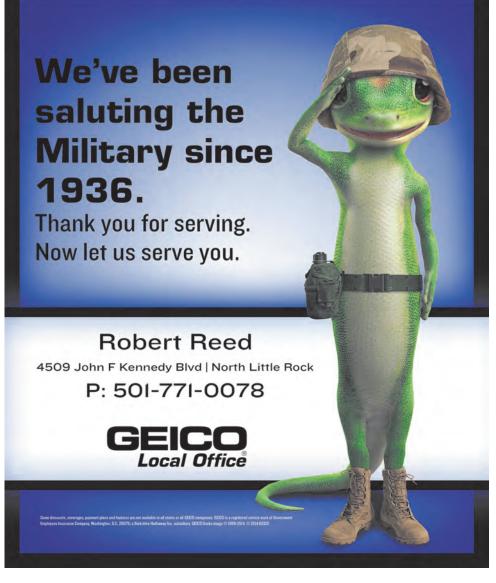






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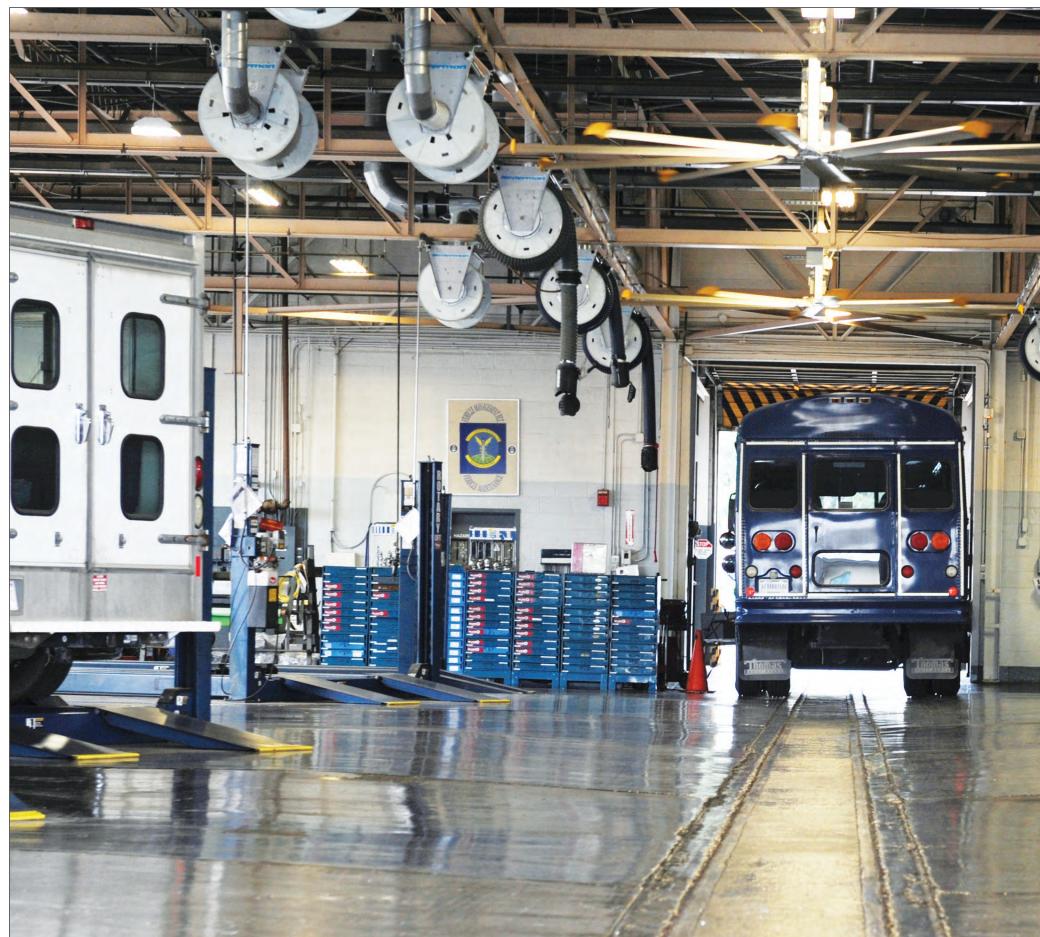
ittle Rock Air Force Base





## Vehicle Maintenance keeps Com

U.S. AIR FORCE PHOTOS BY AIRMAN GRACE NICHOLS



Vehicles are prepped to be evaluated for maintenance inspection at the 19th Logistics Readiness Squadron Vehicle Maintenance shop Aug. 8, 2016 on Little Rock Air Force Base, Ark. The 19th LRS vehicle management

### bat Airlift moving

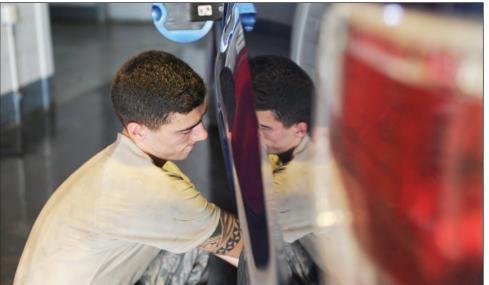


nt flight keeps the Combat Airlift mission going with vehicles pertaining to both air and ground operations.





(Above) (From left) U.S. Air Force Staff Sgt. Ryan Ayres and U.S. Air Force Tech. Sgt. Terry Carr, 19th **Logistics Readiness Squadron** Mission Generation Vehicular **Equipment Maintenance craftsmen,** examines a vehicle deicer Aug. 3, 2016, at the 19th LRS Vehicle Maintenance shop, on Little Rock Air Force Base, Ark. The checks ensure the timing on the vehicle is accurate; proper timing prevents the hydraulic functions from moving too fast and having the potential to blow seals in the hydraulic system. (Left) U.S. Air Force Senior Airman John Gill, 19th Logistics Readiness **Squadron Special Maintenance** journeyman, replaces the master switch of a forklift Aug. 3, 2016, at the 19th LRS Vehicle Maintenance shop, on Little Rock Air Force Base, Ark.



U.S. Air Force Airman 1st Class Javier Nunezchaves, 19th Logistics Readiness Squadron Mission Generation Vehicular Equipment Maintenance apprentice, replaces a fuel filler neck on a truck Aug. 3, 2016, at the 19th LRS Vehicle Maintenance shop, on Little Rock Air Force Base, Ark. Repairs were done to correct dry rot, which was causing fuel leakage during pumping.

## Taking back their health

#### By Jeff Vaughn

19th Aerospace Medical Squadron

(Editor's note: Chandra Erskine, wife of Chief Master Sgt. Anthony Erksine, former chief enlisted manager for the 19th Mission Support Group, no longer lives at Little Rock Air Force Base, but the lifestyle changes she made while here helps her pursue a healthier future.)

We asked Erskine if she would share her fitness and weight loss story with others who might be contemplating making a change or those who may be currently struggling at the gym or with their diet. Here are her thoughts.

#### What was the turning point that made you get serious about changing your health?

I changed when my health became a factor. I was informed I have prediabetes and was prescribed Metformin. Also being told I could not get on a ride with my daughter at the theme park because I was too big was a factor. To see the look in her eyes of disappointment, broke my heart. That was the turning point for me.

What programs/diets did you try before your current success?

I have tried everything: Atkins diet, Slim fast, Watchwatchers, Phetermine, Hydroxcut, Xendrine, Green Smoothie Challenge and many more.

What's the most important thing you've done from a fitness stand point?

I educated myself on health and wellness. I realized I had to do the work for me but also be accountable to others.

What is the most important fitness lesson you've learned in your journey?

I've learned discipline, dedication, and determination is key to accomplishing my goals. You must make exercise and eating right a top priority.

Which battle is most important when tackling fitness, physical or mental?

The mental battle is the most important.

Do you have a favorite training method?

Vital 90 is my favorite because it combines fitness with a community of support.

What is your diet strategy?

I set weekly goals. I have a menu



Chandra Erskine celebrates her weight loss progress from 2013 to 2016. In two and one-half years, Erskine lost 110 pounds.

posted on my refrigerator to keep me focused. I hold myself accountable; you must have integrity for yourself before you have integrity for others. Be true to yourself every day.

What is the most significant thing you've changed about your

diet?

I only drink water. I read labels now and watch my sugar intake. I limit my starch intake as well.

How has getting fit changed your life?

See Health, page 13



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\* invisalign



#### **Health**

Continued from page 12

I am mentally and physically healthier. I have confidence that I can accomplish anything I put my mind to do. It's changed my relationship with my husband as well it's better both mentally and physically.

What advice do you have for others who are struggling with their fitness assessment and weight?

Never say can't. Get connected to a fitness group and be accountable. Stop starting

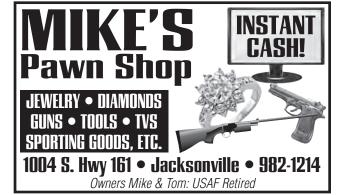
something and giving up; stick with it. Your health is a journey, and it does not have an end date unless you are dead, so keep moving forward!

Erskine stays in touch with her Little Rock Vital 90 friends through the Whole 30 Facebook Group. I would like to personally thank Erskine for sharing her story with all of us. So if you're contemplating making a change or hit a bump in the road with your current change, remember what she does. Find a support system that you can be accountable to. Make exercise and diet a priority and never stop moving forward!



Chandra Erskine shares a picture with Tech Sgt. Toby Walton, former 314th Aircraft Maintenance Squadron member and Vital 90 instructor, July 31, 2016, at the Little Rock Air Force Base gym. In two and one-half years, Erskine lost 110 pounds.











U.S. Air Force Staff Sgt. Keith DeBose, 19th Force Support Squadron Airman Leadership School instructor, does a cable chest-fly at the Fitness Center on Little Rock Air Force Base, Ark. In addition to a weight room, the Fitness Center has an aerobics and cardiovascular room. Workout using 24/7 access to the Fitness Center.





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#### **INTRAMURAL SOFTBALL**

#### AMERICAN LEAGUE

SCHEDULE
Field 2

Field 2				
DATE	TIME	HOME	AWAY	
Aug. 15	6 p.m.	48th AS	19th OSS	
	7 p.m.	19th MDG	19th CPTS	
Aug. 17	6 p.m.	19th MXG	19th MDG	
	7 p.m.	19th LRS	19th FSS	
Aug. 22	6 p.m.	48th AS	19th MDG	
	7 p.m.	119th FSS	19th CPTS	
Field 3				
DATE	TIME	HOME	AWAY	
Aug. 15	6 p.m.	19th LRS 2	19th MXG	
	7 p.m.	19th FSS	19th CES	
Aug. 17	6 p.m.	19th CPTS	48th AS	
	7 p.m.	19th OSS	19th CES	
Aug. 22	6 p.m.	19th OSS	19th MXG	
	7 p.m.	19th CES	19th LRS 2	

#### **TEAM STANDINGS**

Team	Wins	Losses
19th MDG	6	2
19th FSS	5	3
19th OSS	5	3
48th AS	5	3
19th MXG	4	4
19th CES	2	6
19th CPTS	3	5
19th LRS	1	7

#### NATIONAL LEAGUE

#### SCHEDULE

	Fie	eld 2	
DATE	TIME	HOME	AWAY
Aug. 16	6 p.m.	19th MXS	19th AMXS
	7 p.m.	19th LRS 1	314th AMXS
Aug. 18	6 p.m.	189th AW	ARNG
	7 p.m.	19th SFS	19th LRS 1
Aug. 23	6 p.m.	19th MXS	19th LRS 1
	7 p.m.	ARNG	314th AMXS

#### Field 3

DATE	TIME	HOME	AWAY
Aug. 16	6 p.m.	189th AW	19th SFS
	7 p.m.	ARNG	BYE GAME
Aug. 18	6 p.m.	314th AMXS	19th MXS
	7 p.m.	19th AMXS	BYE GAME
Aug. 23	6 p.m.	19th AMXS	19th SFS
	7 p.m.	BYE GAME	189th AW

#### **TEAM STANDINGS**

Team	Wins	Losses
19th MXS	6	1
189th AW	5	2
19th LRS	4	3
314th AMXS	3	4
19th SFS	3	4
19th AMXS	3	4
ARNG	1	6

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#### Chapel 987-6014

#### Worship Opportunities

#### **Protestant Services**

Sunday11	a.m.
*Children's church during the service.	
<b>Catholic Services</b>	
Daily Mass Tuesday - Friday11:30	a.m.
Sunday Mass	a.m.

\* Confessions are held 30 minutes prior to each Mass and by

#### **RELIGIOUS EDUCATION**

Protestant Classes at Base Chapel
Sunday (Sept May)9:30 p.m.
* Classes for all ages available
PMOCnoon
(Wednesday)
PWOC6 p.m.
(1st, 2nd, and 3rd Tuesday at Base Chapel)
Catholic Classes
Sunday (Sept May at Base Chapel)11 a.m.
RCIA Classes & Adult Bible Studies Available
Catholic Women of the Chapel6 p.m.
(1st & 3rd Wednesday at Base Chapel)

#### **Other Faith Groups/Inquiries**

Please contact the Little Rock AFB chapel office at 501-987-6014 for specifics on other faith groups or information regarding the local churches in the area.



#### Military Expo **Sept. 17**

The 2016 Arkansas Military Expo is Sept. 17, 2016, from 9 a.m. to 4 p.m. on the flightline at Little Rock Air Force Base, Arkansas. Don't miss this chance to learn about Little Rock AFB and the great things their service members accomplish each and every day! For more information go to http://rockinattherock.com/arkansasmilitaryexpo.com.

#### Scorecard: 314th Airlift Wing

The 314th Airlift Wing is the nation's C-130 "Center of Excellence." The wing is responsible for training

C-130 aircrew members from across the Department of Defense, to include the Coast Guard and 46 allied nations.

Some of the ways the 314th

AW tracks its successes are through measured aircraft availability and mission-capable rates. Those metrics as of Tuesday are:

#### Mission capable rate

C-130J: (standard 80 percent): 74.0%

#### Aircraft availability

C-130J: (standard 8.4): 8.5

#### C-130 School Graduates

Number of combat aircrew members sent to the fight beginning Jan. 11, 2016:

> C-130H: 354 C-130J: 212

## **Team Little Rock Phone Book**





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HOME IMPROVEMENTS UP TO \$25,000 per household with Government Money set aside for these improvements! WANTED 10 Homes needing METAL ROOFS, SIDING OR WINDOWS! Save Hundreds of \$\$\$\$!!!! \*Free Estimate. Payments \$59/Mo. No money down. Senior and Military discounts 866-668-8681\* wasc. \*\*

#### **HELP WANTED**

LOCAL DISTRIBUTION Center looking for 10-15 people to set up and display in customer service, 2nd shift. No experience, \$725 week, weekly pay. Call for interview at (501) 605-1851.

DRIVERS OTR - \$5000 Sign on bonus! Home every weekend, Great benefits (after 60 days), Blue Cross (driver pays 50%) Vision, Dental, 401K, paid holidays & vacation, quarterly safety bonus. Local family owned & operated. Must be 23 years of age and have valid class A CDL & verifiable 2 yrs OTR. Thompson-Trans.net, or call (501) 228-8800.\*\*

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#### **AUCTIONS**

FARM & CONSTRUCTION EQUIP-MENT AUCTION - Thurs. - Fri, August 11th-12th • 9AM, 2408 Hwy 64 West Wynne, AR 72396. Equipment to sell at this auction? Equip. Accepted through Tues. August 9th. 10% BP on first \$2500 ea. item sold, \$250 max BP per item. Live Online bidding @proxibid.com Details: www.witcherauctions.com 870-238-1400 AALB#'s 2100, 2101.\*\*

#### **YARD SALES**

**GARAGE SALE**, 8/12 & 13, 14 Highpoint Dr., Cabot, off Mtn. Springs Rd. Rain or shine. 658-0543.

YARD SALE, 8/13, 8 am-? 1405 Wright St., Jax. Clothes, toys, garage stuff.

#### **LOST & FOUND**

FOUND: PART of engagement ring, approx. 6/9 or 10 in front of Shopette. Contact Sgt. Carter @ (501) 987-5351

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#### **PETS**

**BUILT RITE** horse barn, 12x32, 2 stall plus feed/tack room and overhead storage, good condition, with some ingenuity on your part it could be a great "tiny" house. YOU MOVE, \$3,500. (501) 796-3160, Vilonia.

**3 YR.** old golden retriever, current on all shots and heartwormed. High energy, needs good home with room to run. (501) 982-2916.

**SERVICES** 

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FREE TO loving home, older mixed Terrier dog, loves people, but not other animals. Text: (501) 858-8649.

2 YELLOW Labs, male, 2 1/2 months old, all shots up to date. (501) 286-0083.

FREE TO good home: Onyx, 6 yrs., Border Collie mix, great dog! Moving, cant take him with me. (501) 442-5332.

**FREE KITTENS** and dogs, family moving, cannot keep. (501) 607-1429.

**LARGE CARPETED** climbing pole for cats, \$45. 259-2046, Cabot.

2 FREE cats to loving home, brothers (both male), good w/kids but not other animals, son went to college and can?t care for them, can take one or both. Pics. aval. Email: woodall2ks@comcast.net or call (501) 241-1012.



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FREE TO good home, male Lab., 8 mos. old, great dog. (501) 944-6949.

**7 YR.** old Shepherd mix, great w/kids but not other dogs, needs new home. (501) 985-9782.

FREE TO good home, adult male German Shepherd mix and adult male Lab. mix, both neutered, owner has to work out of town frequently. (501) 412-2625.

#### **HELP WANTED**

#### **AUTOS/ACCESSORIES**

**2000 CADILLAC** El Dorado, bad motor, good straight body, light blue w/dk. blue top, \$2,000. (501) 749-9882.

FORD RANGER, 1999, A/C, green, excellent condition, 4-speed, runs like new, (just spent \$2,000 on engine), \$4,000. 628-1225.

**2002 DURAMAX** rear end out of a 3500, 8-bolt pattern w/brake assembly, \$500 obo. (501) 352-8484, Jim.

#### **HELP WANTED**

#### **AUTOS/ACCESSORIES**

**3-TON ENGINE** hoist, \$125. (501) 983-1445.

**2008 DODGE** Ram 1500, century shell, one owner, 54,670 miles. (501) 422-0354.

2003 CADILLAC DeVille, new motor in '08, white, good condition, 80,000 miles on new motor. 255-6988.

#### **HELP WANTED**



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**DECK FOR** Sear's mower, 46? cut, good condition, \$150. 843-5475.

SEAR'S CHIPPER/SHREDDER/VAC, \$100. 843-6617.

FREE HAY for the cutting, approx. 70 acres, 2990 Mt. Tabor Rd. (501) 743-0225. Joe.

**LEAF SWEEPER** w/bag attached, used once. 988-0400 after 5 pm.

**POULAN RIDING** mower, 18.5 hp., 42" cut, \$450. (501) 983-1445.

**FREE FOR** cutting, mixed grass/hay, approximately 30 acres. 982-8865 or 351-4512.

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MURRAY 40", 12.5 hp. Briggs, sell parts or sell whole, \$150. 605-7772, Cabot

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1995 HOLIDAY Rambler ultra lite custom 32' camper, bumper pull, kept under shed, exc. cond., \$6,500. (870) 256-4248. Des Arc.

1995 16'X60' Lazy Days houseboat. See at https://littlerock.craigslist.org/boa/5600909391.html or call (501) 410-2706.

**2014 KAWASAKI** Ninja 300, 1300 miles, upgraded Two Brothers exhaust, ABS, includes gloves and new Arai helmet, \$3,999. 606-1455.

**2007 HARLEY** Davidson Heritage soft-tail Classic, like new. 690-4870.

**85 HP.** ski boat and trailer, \$1,800. 843-6617.

**2009 YAMAHA** XV 250 motorcycle, needs work, \$900 obo. (501) 259-3556.

1999 KAWASAKI Concourse motorcycle, one owner, 28k miles, excellent condition, \$2,300. 605-2935 or 941-7340.

**36' ARCTIC** Cat motor home, 32,000 miles, good condition, \$12,500. (501) 882-7192.

FREE 16' fiberglass outboard boat and trailer, boat needs work, you haul away and it?s yours. (501) 920-3375.

**2015 Z-1** travel trailer, 231FB model, 27? 6?, many options, \$14,200. (501) 626-6141, Jon.

**2002 CARDINAL** camper by Forest River, 5th wheel, 2 slides w/new toppers, clean, like new, new tires, nonsmokers, no pets, \$9,500. 843-6354.

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**RESMED C-PAP** machine, good condition, 6' hose, face mask, \$179. (501) 749-8667.

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#### **ITEMS FOR SALE**

**SCHOOL DESK**, old gas can, ice tongs, hames and lots of small items, \$5+. (501) 837-5798.

**ONE-OF-A-KIND WEDDING** dress w/veil, sz. 10, pd. \$500, best offer. (979) 257-3832.

MEN'S LEATHER Redwing slip-on boots, 13' height, sz. 14B, used, but in good condition, \$35. (501) 843-2187.

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**PORCELAIN INDIAN** dolls, ranging in sized from 2' to 3' tall, also, Victorian-style dress dolls. (501) 286-4100.

**LARGE BOX** sealed model fighter jets, 1980s/90s, \$40 cash for all. (501) 533-4663.

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**OLD WOOD** barn, good for antique woodwork, plenty of boards, \$250 for whole barn or \$10/ft. if sold separately. Easy access. (501) 288-2603.

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(3) 15' ladder deer stands, single, \$40; bow/deer stand, \$65; and 2-seater, \$105. (501) 515-9632, Jax.

**TEXAS INSTRUMENT** #34 scientific calculator, brand new, still in box, \$20; Super Nintendo, 14 games and TV, \$200 obo. (501) 676-2952.

#### **ITEMS FOR SALE**

**'00 YEARBOOK** "The Blaze" 50th Edition, JHS, \$20. 259-2046.

FALL SILK floral arrangements, \$10-\$25; small wagon and wheel barrow w/scarecrows or pumpkins and flowers, very cutel Large box of misc. records, books, Christmas items, knickknacks, \$15 cash. (501) 983-4168. Jax.

#### **FURNITURE**

**SOFA, ARM** chair, ottoman, off white, micro-suede, great condition, \$325. (501) 834-0985.

**LARGE WOOD** computer desk, corner model, real nice, \$35 cash. (501) 533-4663.

**DINING ROOM** table (tile top) w/4 chairs, organ, automatic washer. 993-4935.

QUEEN MATTRESS w/box springs and headboard, \$150 obo. Call/text for pics. (501) 259-5845.

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CABOT: 3 bedroom, 2 bath on culde-sac. Great area for kids, off main rad. Privacy fenced, 2-car garage, carpet, tile, 1,722 sq. ft., \$1,150 month, 1 yr. lease required. Deposit & first months rent due upon move-in. (501) 960-6266.

219 BRIARPATCH Ln., Gravel Ridge, 3 bedroom, 1 bath, 1300 sq. ft., 10 minutes from back gate, \$800 month, pictures on Zillow.com. Contact Mike (501) 952-0482.

#### **HOUSES FOR SALE**

**1825 SQ.** ft. brick, 3 bedroom, 2 bath, Vilonia schools. Large lot, double steel gate, cement pad for RV/boat. 4 miles east of Conway, \$162,500. (501) 504-6643.

FOR SALE or rent: 3 bedroom, 1.5 bath, 1200 sq. ft., 1-car garage, 916 Brewer St., Jacksonville, \$74,000 or \$895 month. (501) 258-6698.

**5 BEDROOM**, 3.5 bath, Overbrook, Sherwood, NLR schools. All new remodeled - hardwood floors, granite, all new bathrooms. Fenced center lot. Approx. 3400 sq. ft. \$378,000. (501) 749-5187.

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MOBILE HOMES with acreage. Ready to move in. Seller Financing (subject to credit approval). Lots of room for the price, 3Br 2Ba. No renters. 501-588-3300.\*\*

**USED MOBILE** Home for Sale \$13,300 - Call 501-653-3202.\*\*

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Ads must be non-commercial. (NO Employment, Real Estate or Rentals, Animals for Sale, Firearms or Personals). FREE ads will run on a space available basis. We reserve the right to deny any ad at our discretion.

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**HOUSES FOR SALE** 

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**HOUSES FOR SALE** 

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820 Pevton Street • Ward, AR Hwy. 319, next to Ward Volunteer Fire Dept.

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19 LAKESIDE DR. - \$159,900



STUNNING 4 BR home w/addl. sunroom/ office!! You couldn't ask for a cleaner home! Split floor plan w/big master suite,master bath has 2 sinks, Jacuzzi tub & walk-in shower, along w/HUGE walk-in closet! Kitchen is open into living rm for great entertaining. The sunroom/office addition is a great extra space for this house. The backyard will AMAZE you.

#### 8517 E. WOODRUFF AVE. - \$298,000



Fabulous custom antiqued brick home w/rock arched entry, beautiful solid wood double doors, open floor plan, handscraped hardwood floors. decorative tile, tons of high-end crown molding & decorative finishes black pranite stainless and walk-thru laundry to closet to master bath, custom built-ins incl. "locker area", upstairs 4th bedroom or huge bonus rm - a must see!

#### - \$214,000 820 GROSVENOR DR



Are you looking for a home w/street appeal? Love a front porch? Want 2 living areas? Need master on main level? Check this home out! Starts w/convenient location close to interstate. All brick w/ autters & new roof '09. Kitchen w/wow factor incl. tumbled marble backsplash! Storage galore - all BD w/2 closets. Fully

#### **805 TIMBERWOLE** DR. - \$174,900



Fabulous well-maintained very spacious home w/beautiful wide-planked hardwood floors in 17x18 living area & dining, extra crown molding & trim, solid granite countertops added in 2014, tile shower & tile floor added in 2013, French drain in backyard, storage vinyl utility building on concrete slab in backyard. Handy location to air-base, Sherwood &

CALL

944-8687 or 975-2100

for info on ANY listing!

STACI MEDLOCK - North Little Rock Branch



Charlie Knox, Broker
Brook Knox, Executive Broker/412-5806 (mobile)
Multi-Million Dollar Sales Producer
Claudette Derden, Agent/920-2204
Multi-Million Dollar Sales Producer
WWW.k YOUR LONOKE REAL ESTATE CONNECTION! CALL OUR OFFICE TO FIND MORE LISTINGS GREAT STARTER HOME! 2 bedroom 1.5 bath with approx. 1,073 sq. ft. Cozy eat in kitchen, huge living room with fireplace & built-ins. Screened in porch & fenced backyard sitting in a cul-da-sac.



Knox Rea COMPANY Facebook

1522 N. Center • Lonoke • 676-2245
Charlie Knox, Broker

BE NIMBLE, BE QUICK, jump into this charming 3
BR, 3 BA home w/over 2,200 sq. ft. This one has a
lot to offer, a great living rm w/gas fireplace, bonus rm

GREAT FAMILY HOME w/3 spacious bedrooms, 2 baths great for the kids, kitchen/dining/living area. Master BR is downstairs, huge laundry rm has a full BA & lots of closet space for storage. Outside is a shop, yard is fenced & is sitting on a great corner lot. 202 E 6th ~ \$155,500.





MLS.

www.knoxrealtyco.com

ONCE YOU COME IN YOU WON'T WANT TO LEAVE this wonderful 3 BR 2 BA w/over 1,600 sq. ft. Split floor plan living rm w/cathedral ceiling, hardwood floors & wbfp w gas starter. Kitchen w/tile counter tops, backsplash & pantry Lg, master BR w/tray ceiling, master BA w/jetted tub, his/he sinks & sep. shower. Fenced backvard has patio, deck & 12x20 storage bldg. Completely remodeled in 2008 & new windows in 2013. 23 Broadmoor Cir., Cabot ~ \$155,900.



approx. 2,154 sq. ft. Open floor plan, cathedral ceiling in living rm, kitchen has breakfast bar, lots of cabinets & huge den. Master bath has his/vanities & closets. Outside is a patio for BBQs & extra landscaping. 6 Ponderosa Drive ~ \$164,900.



LOOKING FOR A GREAT HOME WITH LOTS
OF SPACE & LAND? Then look no further than this 3 bedroom, 2 bath w/over 1,700 sq. ft. Large living m has hardwood floors & gas fireplace. Eatink then, separate dining area, breakfast bar, builtins & pantry. 2 large closets for extra storage & large lands of the lands in kitchen, separate dining area, breakfast bar, built-jetted tub sep, shower & his/her walk in closets be-pins & pantry. 2 large closets for extra storage & large out in the backyard to the in-ground pool, screened in laundry rm. Outside is a great deck & 16x32 shop, sitting on 2.24 acres. 10040 Hwy 31 N ~ \$137,900. home it is a must see. 145 Kayla Lane ~ \$189,500

DE INFORMATION AND TO SEE ALL OF OUR US, 60 TO WWW.KNOXREALTYCO.COM FOR MO

FAX: 985-0026 PHONE: 982-9421 or 941-5132 · EMAIL:combatairlifterclassifieds@arkansasleader.com

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Only ONE FREE AD PER ISSUE, up to 20 WORDS. Ads will run for two weeks. The word limit does not include names, addresses and telephone numbers. Late ads will be held until the next week for publication. FREE ADS WILL BE RUN ON A SPACE AVAILABLE BASIS. Terms are limited to selling or trading. Excludes all ads described under the terms of PAID Classified Advertising. Personals will not be accepted. PRIVATE INDIVIDUALS ONLY - no businesses or organizations

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